

farm and home

HOME
ECONOMICS
NO. 11

4

FACT SHEET

BACTERIAL FOOD POISONING

Verna Mikesh

TYPES OF BACTERIAL FOOD POISONING

Organism:	STREPTOCOCCUS
Foods:	Sausage, poultry dressing, custard
Onset:	2 to 18 hours after eating
Symptoms:	Nausea, colic, diarrhea
Toxin:	None; the multiplication of organisms in the intestines causes illness
Prognosis:	Recovery within 1 to 2 days
Organism:	SALMONELLA
Foods:	Poultry, eggs, processed meats
Onset:	7 to 72 hours after eating
Symptoms:	Severe abdominal pain, diarrhea, fever, prostration
Toxin:	None; infection by living organisms causes illness
Prognosis:	Recovery within a few days; fatalities rare
Organism:	STAPHYLOCOCCUS
Foods:	Salads (potato, chicken), cream fillings, milk, meats
Onset:	1 to 6 hours after eating
Symptoms:	Vomiting, diarrhea
Toxin:	Enterotoxin produced by multiplication of organisms in food
Prognosis:	Symptoms generally severe but of short duration; fatalities rare
Organism:	CLOSTRIDIUM BOTULINUM
Foods:	Canned string beans, corn, beets, peas, meat, ripe olives
Onset:	2 hours to 8 days after eating
Symptoms:	Vomiting, diarrhea, double vision, inability to swallow
Toxin:	Toxin produced by organisms in improperly processed canned foods
Prognosis:	Frequently fatal

A FEW FACTS ABOUT BACTERIA AND FOOD:

1. Bacteria do not develop readily at temperatures below 40° F. and above 140° F. Food should be kept either very hot or very cold.
2. Bacteria multiply more readily in some foods than others. Bland protein and starch mixtures are among those in which bacteria grow readily.
3. Bacteria are transmitted to foods by people, soil, polluted water, animals, and insects.
4. Finely divided foods such as ground meats, and foods that require much handling become easily contaminated.

PERSONAL SUGGESTIONS FOR ANYONE HANDLING FOOD

1. Work with clean hands. Wash hands thoroughly after using the toilet, after smoking, or after using a handkerchief or tissue.
2. Never work around food if you have any kind of an infection.
3. Always cover coughs and sneezes with paper tissues.
4. Keep hands away from your mouth, nose, and hair.
5. Do not use cooking spoons or forks to taste food while cooking or serving. Do not lick your fingers or eat when working with food.

UNIVERSITY OF MINNESOTA

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SUGGESTIONS FOR HANDLING FOODS:

1. Refrigerate foods promptly after a meal or after cooking.
2. Chill perishable foods rapidly and hold them at 40° F. or below. Spread large quantities of food out in shallow pans and stir occasionally to insure rapid cooling.
3. When freezing foods, chill or freeze them so that the center temperature is reduced to 40° F. or below within 4 hours.
4. Keep frozen foods refrigerated during thawing or thaw rapidly under cold running water.
5. Do not allow turkey or other poultry dressings to stay more than a total of 4 hours at temperatures between 40° and 120° F. Never stuff birds the night before cooking or partially cook a stuffed bird.
6. Do not allow leftover poultry meat, dressing, and gravy to remain at room temperature. Refrigerate them.
7. Do not let sandwich filling or meat, fish, egg, or potato salad stand at temperatures between 40° and 120° F. for more than a total of 4 hours.

8. Do not allow cooked ham to remain at temperatures between 40° and 120° F. for more than 4 hours.
9. Use only pasteurized milk, cream, ice cream, butter, and cheese.
10. Never serve home-canned vegetables or meat at a public function. Process in a pressure cooker all canned low acid products for home use.
11. Cook dried egg products thoroughly.
12. Cook pork products thoroughly or until the thermometer reads 190° F. Follow package directions for cooking pork products labeled "ready to eat."

COMMONLY USED LOW-ACID FOODS WHICH ARE POTENTIAL SOURCES OF BACTERIAL FOOD POISONING:

Meal pies	Bland sauces
Poultry	Custard-filled pastries
Poultry dressing	Cream toppings and fillings
Ground meats	Chicken and egg salads
Croquettes	Ham
Hash	Salad-type sandwiches
Fish dishes	Hors d'oeuvres
Cream pies	